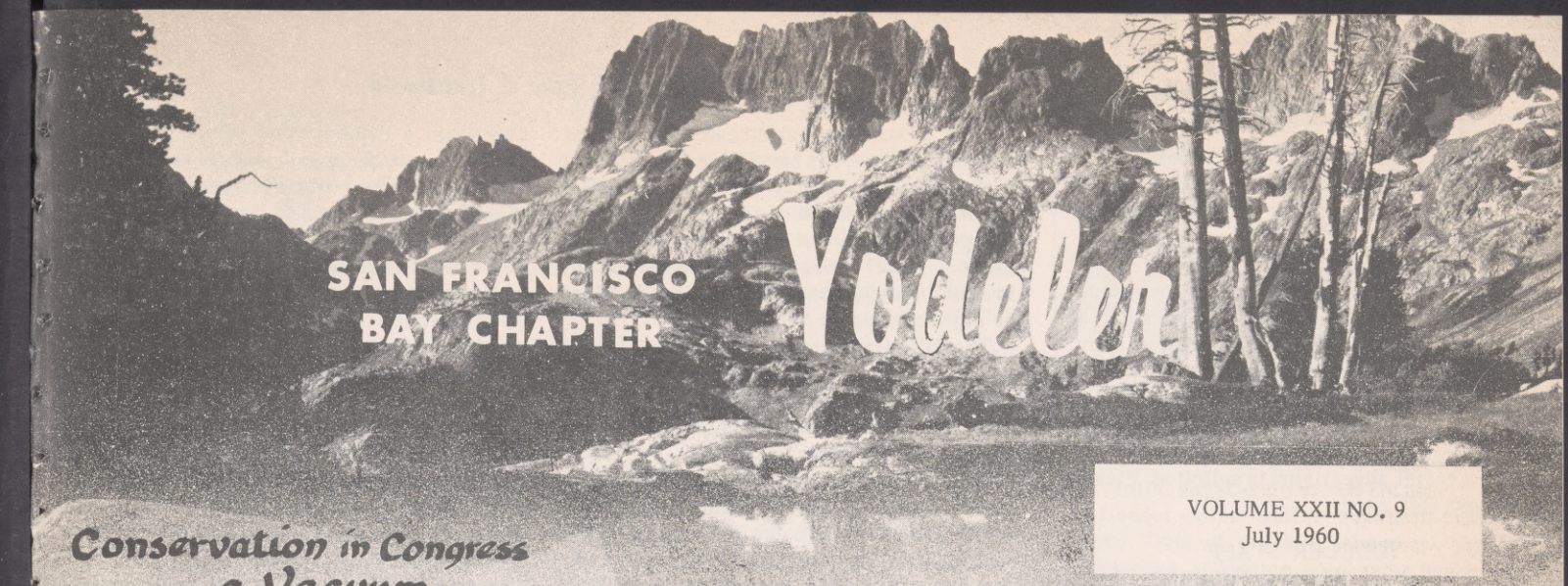

SAN FRANCISCO BAY CHAPTER

Yodeler

VOLUME XXII NO. 9
July 1960

Conservation in Congress a Vacuum

This Congress, about to expire, set something of a record for doing nothing for conservation. The Wilderness Bill has not moved, and neither have the shoreline bills. Various committee hearings have left Rainbow Bridge still destined to stand in the muddy waters of Glen Canyon reservoir. The only bill given a chance to pass is the pesticide coordination bill, which might get through in the last days of the session. The Forest Service bill on Multiple Use passed and has been signed. We think this legislation has doubtful overtones but at least the phrasing mentioning wilderness as a compatible use remained in the final bill.

Why this indifference to conservation legislation? Did your Congressman hear your personal views on what you want? All these proposals will surely be back again in the next Congress, so perhaps we and they can do more for conservation then.

We hear that the Department of Beaches and Parks now has a letter from the General Services Administration on the surplus properties at Fort Baker and Fort Cronkite. G.S.A. graciously offers to allow the Fort Baker section to be purchased at its full appraised price. The rest of the surplus lands can be bought at 50%, which is the usual concession made to states and cities when they buy surplus lands. The G.S.A. knows what is best for the City of San Francisco in the case of Fort Funston also: it should be developed as real estate, in spite of the fact that the City doesn't think it wants a subdivision there!

—C.M.C.

Help Wanted

The new Fall schedule will soon be ready, and we need your help with the mailing on August 8,9, and 10. Those of you who would like to help with addressing on Monday or Tuesday evening, please call RUTH KAUFMAN, MA 1-2783. Sorting and mailing will take place at the club office Wednesday evening, starting at 7:00. Everyone is welcome.

Sierra Club Watch Us Grow

Oldtimers coming into the Club office these days will be astonished at the unwonted quiet and emptiness. The population explosion has carried half the staff into offices across the hall, where management, bookkeeping, outings and editorial staff members now have elbow room at last, leaving only membership records and the new addressography system in the old office.

The Library is expanding into the old office where maps will be housed and new shelving will be set around to make a library annex. There is a reception desk in the library, where Annie Nilsson's knowledge of Club people and affairs is very helpful to newcomers. A diminutive switchboard and inter-com system centers here also, saving time and steps for everyone.

Yes! We're growing up. Office manager Elmer Marryat tells us that new applications have been running as high as fifteen a day. There was a time when almost everyone knew almost everyone else in the Club. But now....? How can we educate and assimilate new members at the rate of 200 a month?

Obviously, we must look to our publications to do most of this for us, which brings us to a pleasant subject. We should like to introduce our new Publications Editor, Bruce Kilgore, a quiet young man with lots of experience in writing and editing conservation material since he has been doing this for National Parks Magazine for the past three years. Born in California, (Los Angeles, but that was not under his control) he went to school in Berkeley, U.C. to graduate work in Wild Life Management under Starker Leopold. His job for us? He says, Bulletin to Books, meaning that the work of editing the Bulletin is expected to broaden into the field of other publications as the Sierra Club finds its chance to expand. We wish him the best of good luck.

—C.M.C.

Kayakists Win Glory

The Sierra Club Bay Chapter contingent that traveled to compete in the annual Arkansas River Race and the International Slalom in Salida, Colo., had modest hopes. The former, one of the toughest white-water endurance races in the world, is 12 years old, and it annually attracts galaxies of European stars. The majority of the other contestants are Coloradans who have made the run many times before.

The Californians had no experience of the long endurance race on turbulent rapids, and only a little more experience of slalom. Finally, the race was held at 7,500 feet of altitude—a thin oxygen diet for Coast dwellers.

But the California delegation covered itself with glory—so much so that the master of ceremonies at the prize-giving made a point of saying that he "didn't know they had such good paddlers out there—come again!"

Particularly thrilling was the challenge of Bryce Whitmore in the slalom race that preceded the downriver race. Though the course for a white-water slalom is short—about a quarter of a mile—the paddler has to take his kayak through gates hardly wider than his elbows. And the gates are maliciously arranged in the fastest current, or sometimes in the midst of a tossing wave. Unlike ski slalom, the kayakist has to go uphill, fighting his way repeatedly across and upstream in order to make hair-breadth turns in sharply contrasting currents. For the connoisseur, slalom is a better demonstration of paddling skill than the "muscle-men's" exhibition, the downriver race.

The first heat of the slaloms saw Paul Bruhin, the Swiss watchmaker, take a long lead with a 280-second run that looked invulnerable as one after another of his European and Colorado rivals fell far short. Then Bryce came down the course in the red-white-and-blue striped rigid kayak so familiar to River Touring Section members. It was obvious that he was flying. When his time went up on the board, Salida had a new hero. He had posted 277.5 seconds, shading Bruhin by 2.5.

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Sierra Club Yodeler

A publication of the San Francisco Bay Chapter. Address all communications to Yodeleditor, 1050 Mills Tower, San Francisco 4.

As a service to club members non-commercial classified ads will be accepted at the rate of 35¢ per line of printed copy. Persons submitting ads may compute their copy on the basis of approximately 7 words per line. Check must accompany copy.

Commercial advertising is solicited. Please request rate card.

YODELER STAFF
Peter Whitney, Editor

Cicely M. Christy — Pauline Lee
Frances Whitney — Eleanor Eden
Ann Rogers — Elaine Simpson, Cartoonist

A. Louis Elliott, Manager

Subscription (Non Bay Chapter-Members) $2.00 per year

NEXT DEADLINE: July 25.
Editorial work nights, July 18 and 25

VOLUME XXII NO. 9 — July 1960

Breathing for Climbers

Most of us take our breathing more or less for granted and rarely question whether there might be a better way. Singers, public speakers, and swimmers all learn to breathe in special ways, but in all probability you cannot recall ever having received any breating instructions designed for the hiker or ski mountaineer.

The following system of breathing control is offered for the consideration of hikers. especially those who work sitting in swivel chairs or automobile seats and take to the mountains only upon occasion.

For my part, even when younger and in better condition, every long, steep pitch would find me with mouth open, gasping for each breath, throat getting dry and raw, heart pounding, and rest-stops increasing in both frequency and duration. This recurrent raw throat was a severe problem, and, in seeking a solution, it seemed logical that if I could breathe only through my nose, ny throat would be spared.

The first few trials were thoroughly discouraging, and I became nearly convinced that the passage size in my respiratory apparatus was totally inadequate. However, further determined experimentation demonstrated that if I reduced the rate of climbing sufficiently on the steep pitches, and increased it again when I reached gentler inclines, it would be possible to breathe entirely through the nose.

True, whenever I misjudged the steepness and climbed at too rapid a rate, I had to call upon a considerable effort of will to keep my mouth closed, and many times I did not succeed. But with continued practice, I found that the variation in pace required to suit each change in grade became more nearly automatic. By now, hiking with a closed mouth seems quite the natural thing to do.

Others who have experimented with this system confirm its benefits. Just remember:

1. Raw throats may be avoided because air is not rushing in and out through the mouth to dry out the mucous membranes.
2. Chapped and sore lips will be less likely, for if your mouth is closed your breath will not be rushing past your lips, they will not get so dry, and there will be less temptation to lick them.
3. The top of even long pitches will find you with energy in reserve, rather than in a state of collapse.
4. Elapsed time for a long climb will probably be less than if you had made the same climb in spurts and rests.
5. Your rate of heart beat will not reach violent levels if you govern your rate of climb through nose breathing.

To apply this system, first walk briskly on the level, breathing deeply as you go, and discover for yourself what natural cadence of your stride matches the cadence of your breathing. Perhaps it will be a "three step", that is:

CONT. P. 4

the Word from Norden

Now that summer is here and the snow is melted on Signal Hill (and the mosquitos are gone), Clair Tappaan invites summer guests. Many opportunities await the guest for an enjoyable weekend, week, or two. Along with the traditionally fine cooking of Diane Clayton are the pleasures of hiking, swimming, or just relaxing in the warm days and cook nights of the Sierra summer.

Families are especially welcome - and with our roomettes, families are accommodated in (relative) privacy. During the day, if parents wish to leave their children in good hands, Eleanor Eden, our summer babysitter, will take care of the children for the small sum of one dollar per child per day, and in the evening for 50¢ an hour if you wish to go to Reno, etc.

Clair Tappaan is used as a "jumping-off place" for hikes in the surrounding area - Benson, Bradley, and Peter Grubb Huts are within a day's hike, and provide protection and easy access to fishing and swimming. Donner Lake and Lake Tahoe are both close by for swimming and boating and Reno is about 40 minutes away. This summer Keith and his family are taking a well earned vacation. Acting as managers until his return are Jim Clifford and his family. Rates are $9 a weekend for members, $5 for their children, and $11 for guests. First-week rates are $25, $15, and $28, respectively, which includes charges for six days only. The second week is also on a six-day charge plan, with rates set at $21, $15, and

CONT. NEXT COL.

PRESIDIO HILL SCHOOL now registering for fall. JUNIOR KINDERGARTEN, KINDERGARTEN through Grade 4. We welcome all races and beliefs. Enriched curriculum. Arts, Sciences, French. After-school recreation program optional. Hot lunches. SK 1-9318.

1 Hammer touring foldboat, single, complete — hardly used. $125.00. Call daytime John Bombay, CRestview 1-4571.

Norden (Continued)

$24, respectively. Following weeks are the same as the second week.

SUMMER WORK PARTIES

Throughout the summer, work parties will continue on the weekends. Anyone who is interested in some indoor or outdoor construction and maintenance work is invited to phone Anita Suran in San Francisco, JU 5-5273, or Thel Carder in Berkeley, TH 8-6476 for rides and information.

The weekend is completely free of cost; all that is asked in return is a fair share of work. There is usually enough time at the end of each day to swim or hike or just laze in the sun. This can be a rewarding contribution from you to the Club.

—Dottie Ellis

Snow & Water Skiers: Attention

The Bay Area Ski Federation's annual water ski carnival will be held this year at Donner Lake. Once again there will be a progressive dinner involving all of the ski clubs that have lodges on Donner Summit. The Sierra Club will furnish the main course.

Water skiing will be available at the west end of Donner Lake for a dollar a day on a cooperative basis to all who are interested in improving their late-late spring skiing techniques. Remember, the dates: August 13-14. See you there!

For further information call Don Huber, evenings at HOward 1-5510, Kentfield.

LIVE IN MARIN. Unfurnished 3-room apartment with electric kitchen, laundry facilities and parking. $82.50 with water and garbage disposal included. Near stores and the faithful Greyhound in San Anselmo. GL 4-1911

Furnished room for girl. Kitchen privileges, linen, utilities included. $50. 6th Ave. (Anza/Balboa) BA 1-7559 eves.

Italian hiking boots, 8A (run large)—nearly new. Originally $23.95. Make offer or trade knapsack. OL 5-1388.

Kayakist (cont)

The second heat, the next day, saw the Swiss give one of the truly great competitive performances the writer has ever seen. Digging the flying water of the Arkansas as if it were gold dust, Bruhin did not touch a pole and lowered his first-heat time by over 40 seconds. Bryce's best efforts did not succeed in improving on his first-heat time —but nobody else (except Bruhin) could touch it either. Bryce held second place overall, vanquishing the former World Slalom Champion, Erich Seidel, by 15 seconds.

Bryce went home with a first in the International Classification for rigid kayaks (Bruhin used a foldboat) and a duplicate for the American classification. Maynard Munger took a creditable fourth in the rigid classification.

The endurance race on Sunday saw all our Club paddlers using short slalom boats that did not have the inherent speed of the long, straight-keeled downriver boats. The climax of this race is Cottonwood Rapid, a spot where the river is crowded between the railway on one bank and U.S. 50 on the other; four vicious unpredictable rollers have to be taken by paddlers exhausted by 23 miles of all-out stroking.

Here the amateur and professional photographers wait, clustered on the rocks in their hundreds like so many vultures, openly hoping for spills. This year they gloated over the mishaps of four out of the twenty-one who contested.

Maynard Munger, a paddler for only a year, won the third place for rigid kayaks with a creditable time of 2 hours, 35 minutes, 6 seconds. Only a few seconds behind was Bryce.

Winner overall was Eduard Kahl of Vienna, with Bruhin in second place.

Earl Oliver gave a particularly gallant performance that won praise from the master of ceremonies at the prize-giving. Tipping over once in tough rapids upstream, Earl regained his equilibrium by esquimautage and went on. Then, in Cottonwood, he tipped again. He lifted himself with an Eskimo-roll, but overdid it and went right over again.

In this race, a contestant is only disqualified if he accepts help, and the husky young lifeguards who are posted at Cottonwood have instructions not to spoil a paddler's day unless he seems to be in trouble. Earl shouted "Stay away!" at them, kept his grip on his paddle, got his kayak to shore and dumped out the water. Then he got in and finished the race. His time was only minutes worse than that of the leaders.

—P.W.

FOR SALE: 2-seat "FOLBOT" Kayak, sloop rig sails, motor crossbar, safety cushions, new spray cover, EXTRA EQUIPMENT. $400 original cost. Call Charles Smith, TH 5-3215, daytime.

Gourmet in the Greensward

"You are a traitor to the Sierra Club in general and to John Muir in particular," writes an irate mountaineer.

NEVER! I am a staunch supporter of the Club and an avid admirer of Muir. I, too, would like to be able to wander all day on a crust of bread and a pinch of ceanothus. But I cannot.

A number of us were once served a classic dinner at the end of a long day on the trail. We had gone over a pass. We had skittered down rotting granite. We had forded several streams. We had found a suitable spot for camp, unloaded the burros and unpacked our gear. We were tired. We were hungry.

Then came dinner: vegetable-noodle soup, mashed potatoes and creamed tuna, vanilla pudding, gingerbread. I think, too, that there were biscuits. Happily, one's memory tends to nullify the worst of bad experiences.

This aforementioned piéce de resistance caused no end of grumbling, both vocal and intestinal. Now, could not this glob of assorted starches (which the cooks called "dinner") have been improved by one substitution, two additions and one deletion?

Here's the alternate menu: onion soup (with a pinch of marjoram), curried tuna and rice, fruit (with either pudding or gingerbread, if one must).

The recipe for High Sierra Curry (or call it what you will) goes more or less like this for each two persons:

1/2 cup water
1/2 t. salt
1 T. curry powder
pinch of ginger
1/2 box (4 5/8 ox.) precooked rice
1/2 oz. onion flakes
3/4 c. milk
1 (6 oz.) can tuna
raisins and peanuts and any other available dried fruit.

Prepare the rice and onion flakes as directed on rice package. When the rice is about half done, add the milk and seasonings. Stir for five minutes and add the tuna. Let simmer five minutes more, and serve topped with raisins and peanuts. If you can find a corner in the pack take along some shredded coconut. It weighs practically nothing, takes little space, but adds greatly to this concoction.

Would this menu have appealed to Muir? I rather think so. —Ann Rogers

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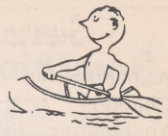
KAYAK KLEPPER T65 Single used three days. Paddle, two transport bags, spray deck, floor cover, two floating bags, waterproof bag, side boards, reinforced center keel, spare rubber bow, repair kit. $190. SE 1-9414 eve. after July 10. Frank Sojka, 1230 18th Ave., S.F.

River Touring News



The month of June saw Spring's beginners develop into intermediate boaters. The American River trip especially showed up how well they have advanced.

On June 18-19 a new run for advanced paddlers was tried on the Merced from El Portal to Briceburg. This looks like a relatively simple stretch from the road but it turned out to be a real challenge for the advanced kayakers who tackled it.

Leader Elsa Bailey writes that there were "lots of rocks scattered through the haystacks and some good reversals. The first seven miles was chock-full of fourth class rapids with good recovery stretches between them...On Sunday...Paul Bruhin the international slalom expert, helped us with our techniques and added immensely to our enjoyment of the trip....Fran Coleberd from Sunset Magazine frantically cranked her camera from the shore at every opportunity. Sunset is going to run another article on river touring and this is the second time that Fran has accompanied us on a trip."

The big news of the month comes from the races at Salida, Colorado: Peter Whitney's article will give you the details of what happened there. For further first hand, illustrated reports from the participants come to the monthly meeting on July 11th. Also planned for the July meeting are movies of the Colorado rivers, the Eel River exploration trip of last May, and the Canoe River in Canada.

On June 24th Red Cockerline, for many years a very active section member, was married to Ruth Robison, and we hope to be seeing them both on the river soon.

Anyone lose a spray cover? Bob Wing found one on the Russian River on June 11th. Call Davenport 4-2975. —E.S.

FALL & WINTER TRIPS

Havasu Canyon and Chiricahua Mts. of Arizona; Barranca del Cobre and Holiday Back Country and Peak Climbing Trip in Old Mexico. All are unusual and rewarding, each has a charm of its own. For details: Joe Wampler, Box 45, Berkeley 1, California

HIGH SIERRA MOUNTAIN WONDERLAND

An illustrated book of information about the high country of the Sierra Nevada by Joseph Wampler, Weldon F. Heald and Charles McDermand. Approximately 125 pages and 75 illustrations. Price, including mailing, $2 per copy, with 8¢ sales tax for California residents. Order from Joseph Wampler, Box 45, Berkeley 1, California.

Breathing (cont)

Inhale — left foot, right foot, left foot
Exhale — right foot, left foot, right foot
On a mild incline a "two step" may be required, that is:
Inhale — left foot, right foot
Exhale — left foot, right foot
If the slope is steeper, try a "one step":
Inhale — left foot
Exhale — right foot
On really steep slopes and at higher altitudes, still lower ratios will be called for, namely the "half step":
Inhale, exhale — left foot
Inhale, exhale — right foot
or the "third step"
Inhale, exhale, inhale — left foot
Exhale, inhale, exhale — right foot
or even the "quarter" or "fifth step".

You may be reminded of the truck driver whose power plant has as many as sixteen forward speeds and who, with his eye on the tachometer, is constantly shifting to a higher or lower geat ratio when driving in mountain country.

Like the truck driver, you will need to shift up at every opportunity if you are to make good time on the trip. But, like him, you must shift down in anticipation of each requirement for added power before your engine is laboring, that is, before your heart is pounding madly and you are gasping for breath.

On mild downhill stretches of trail I sometimes reach a "four step". For level going it is usually a "three step", but on anything like Misery Hill, near the top of Mount Shasta, I will be breathing several times per step. You need not, though, be concerned about the length of step. Your natural inclination is to step out on the level and to take shorter steps when climbing, and that is a perfectly reliable guide to comfortable walking.

If your nasal passages are congested when it is time to set out, the chances are that if you force breathing through your nose, one side or the other will open up within the first few minutes. As soon as one side is breathing freely, try pressing your finger alongside the open nostril to close the passage and force breathing through the other, the congested side, and within a short while you will probably have both sides open.

At first you may forget to shift down, and you will find yourself gasping. On the other hand, you may get yourself shifted down while climbing, then fail to take advantage of an excellent opportunity to shift up and step out when the slope eases off. But don't be disheartened, keep practicing, and before long you will find yourself equipped with a smoothly functioning automatic transmission governed by your breathing.

—Bruce Grant

Boars without Bores

Or "An eye-witness account of a safari in the Palo Colorado area of the Santa Lucia Mountains over the Memorial Day weekend."

Despite leaders Ivan and Kay Tarnowsky's warnings that this was a most primitive car camping trip, about 110 intrepid Sierra Club explorers arrived at Boucher's Gap for the three-day holiday. Thanks to Bruce Alexander, the area patrolman and the Tarnowskys, the "primitiveness" was surmounted by the piping of water and the elimination of firewood. The setting of the campsite was beautiful and the reunion of many old friends promised more than another car-camping trip.

At campfire Saturday night, Douglas MacChesney, patrolman of the Big Sur area, was kind to come and give us a fine talk on the wild boars of the area.

It seems that about 1919 a George Gordon Moore shipped to the area one boar and three sows of the European strain; the animals immediately headed into the hills, reproduced, giving occasion for the famous boar hunts conducted by Mr. Moore.

Today it is hard to find a boar with the pure strain due to interbreeding with the domestic pig that has gone wild. Many have moved into the Santa Lucia Range of the Los Padres National Forest where they have more protection. Usually the pigs take flight at the sight of humans, but they can be a dangerous adversary when wounded or cornered. Boars live alone most of the year, staying close to heavy brush and coming out to feed in late evening. These wild pigs are considered to be one of the finest game animals in North America and should be protected under the gaming laws.

The evening campfire was enhanced by a description of the hikes to be taken the next day. Thanks to Mr. Paul Harlan, caretaker of the Pico Blanco Boy Scout Area, a group was inspired to tackle Pico Blanco Peak. Two guitarists, Julie Bidou and Herb Jager rendered superb folk music.

The next morning hikers took off to the peaks and valleys in what was called the "three in one" hike; at a crossroad, some went up to Devils Peak; some down to Turners Camp; some back to Skinners Ridge. The wild flowers were in profusion —the lupine gardens magnificent, bush poppies, ceanothus, monkey flowers, woodwardia and sword ferns, woodland stars, wild iris, wild cucumber plants — all were breathtaking.

—Tena Catena

Rock Climbing Notes

The trip to Lover's Leap over Memorial weekend was very unusual in one important aspect. For the first time in several years it did not rain or snow while we were there. Several routes on the Main face and Hogsback were done, and there was a visit to Sugarloaf above Kyburz. All the climbing is on good granite, and tends to be on the challenging side. We wonder why it is not more popular.

On the weekend of June 11-12, the Section held a scheduled climb in Yosemite Valley. The Park Service put us up at Camp 9, and there were several advantages to this move. Once vacation starts, Camp 4 becomes crowded and smoky. It is also difficult to find people in the morning when climbs are being coordinated. In fact, on the valley climb last May, we lost Jack Davis for two days!

We did most of the standard climbs with the exception of Steve Roper's ascent of Harris's Hangover. The second day, in the near 100 degree heat, found nine of us converging on Monday Morning Slab.

The Rock Climbing Committee regretfully accepted the resignation of John Shonle as chairman as John is leaving the area later this summer. He has been active for many years on the R.C.C. and has contributed a great deal to this section of the Sierra Club. A fine skier as well as an outstanding climber, John will be missed by all of us.

Larry Lackey was elected section chairman for the remainder of the term. In addition to his duties as Club Pinhead, Larry is an active rappel rope-jammer. Seriously, Larry has served on the committee for three years, and we are pleased that he has accepted the chairmanship. Incidentally, he has a supply of R.C.S. pins, so new section members should contact Larry for pins.

If you are interested in passing section membership tests, here are a few hints. Practice as much as you can before requesting any test. With the exception of the belay requirement, you can practice most things by yourself; but if you want special instruction, ask for it. Get any section member to help you out. Tests can be approved by any qualified leader. Most important, practice your belays. Try to arrange for lower belay practice, using the weight. We appreciate that it is sometimes difficult to arrange for lower belay practice, but your persistence will reflect your interest.

Achtung! We hope there will be an important event on July 31. Mark the date. Call out all the old-timers. Ax Nelson will be on hand that day, we hope. After the climb at Cragmont, we will meet somewhere for supper and Ax will talk about climbing in Africa. This deserves a good turn-out. Come to the climb for complete details.

—Carl Weisner

SCHEDULE

SUPPLEMENT

PREVIEWS ... POST SCRIPTS

- July 2-3-4: CAR CAMPING. Tuolumne Meadows, Cathedral Lake.
  Car-campers rough it a bit to avoid the crowds. Spend first night at the Sierra Club camping area in Tuolumne Meadows. Saturday, we will pack-in for the week-end, a comfortable five miles, to beautiful Cathedral Lake. The less ambitious may remain in Tuolumne Meadows by the river; the more ambitious might consider a cross-country into the Yosemite Valley—about 24 miles. Leader: Jim Planakis. Information and coordination, call: Froni Burnell, MIssion 8-1896

- JULY 2-3-4: NATURAL SCIENCE FIELD TRIP—Fort Ross.
  Participants should note that the camping place is primitive: no open fires, no water. Bring Coleman stoves and water containers. Drive to Fort Ross State Historical Monument for instructions for finding the camp spot.

- JULY 9 - HIKING: Stinson Beach:
  Take the 8:15 Bolinas bus to Mountain Home. Follow Liz Davis and Ruth Sweeney over the Matt Davis Trail to Stinson Beach for lunch. Return over the Steep Ravine, Alpine and Troop 80 trails to Mountain Home. 12 miles.

- JULY 9-10: KNAPSACKING
  Pyramid, Dicks, Tallac — your choice of any or all in Desolation Valley area. Leave Glen Alpine Springs Saturday morning and knapsack approximately 2 miles to Suzie Lake area. Climbs Saturday and Sunday (without packs) for those wishing. Minimum without peaks, 4 mi. and 1,000 ft. gain: maximum for all peaks, 22 miles with 6,700 ft. gain. Call Jim Dodds, LA 6-1400 for transportation. Co-leader is Chuck Miller.

- JULY 9 10: LEISURE KNAPSACKING:
  LAKE O'THE WOODS—a three-mile hike from the far end of Echo Lake. We will take a boat across the lake. After reaching the campsite, JOE FERRY will lead a flower- and tree-hike without packs to higher regions. This part of the trip is limited to 25 people. Swimming, fishing and loafing will be available for the rest. For time and place of meeting, call PAT CONE, leader and East Bay coordinator, or ETHEL UNSELT, S.F. coordinator.

- JULY 10: ROCK CLIMBING:
  Len Larson will replace Jack Davis as leader for Hunter's Hill.

- JULY 15: NATURAL SCIENCE SECTION MEETING
  Two films: A Pack Trip through the GREAT BASIN RANGE near Ely, Nevada, giving a view of all life zones from Snooran to Alpine, with Lehman Caves for good measure, and INDIANA DUNES, showing lakeside country near Gary, and the struggle of plants against the sand. 8:00 p.m. at the Josephine Randall Junior Museum, San Francisco, at 16th St., reached from Roosevelt Way. On #43 bus line. Dinner 6:00 p.m., Maison Paul, Grove and Market Sts. For information Call Wilfred Ward, CLifford 4-8740, or Claire Fahy, PLaza 6-2753.

- JULY 16-17: KNAPSACKING
  Fourth of July Lake. The gentle slopes of this high, open country seem to invite us often to this lovely lake. At lunch time you can relax beside a snow-fed pond or climb jagged Round Top Mountain for a view of all the Carson Pass Area. We'll then cover the remainder of our 5 miles easily and arrive at Fourth of July Lake by mid-afternoon. Nights at this elevation (9200 feet) are cool and pleasant. Leader: BOB HACKAMACK hopes to take a short, before-breakfast side trip into City Canyon on Sunday. This trip is suitable for beginners.

- JULY 16-17: CAR CAMPING
  Wright's Lake organization campground. Drive Highway 50 through Placerville; about 30 miles beyond, turn to the left and up eight miles of dirt road to the campground. The campground is on the left side, away from the lake as you drive in. Distance, about 200 miles. Wood is scarce here so pick some up on the way in. Leaders: JIM & EUNICE DODDS. Coordinator: MILDRED HILKEY, TUxedo 5-2495.

- JULY 18 and 25: YODELER WORK NIGHTS
  Clanks on our Sierra Club cups for those contributors who get in some of their copy by the first date. Final copy deadline is July 25. Volunteers should call PETER WHITNEY, TH 8-5020 or appear in the club's Mills Tower offices, 8 p.m.

- JULY 22: SONGFEST
  The River Tourers under Sylvia Bombay's leadership again welcome all to a singing get-together at Boys Camp, Tilden Park at 6 P.M. Have a copy of "The New Song Fest" and bring your dinner and camp overnight if desired. For information call Elaine Simpson, TH 1-2683.

- JULY 24: ROCK CLIMBING:
  Jack Davis will replace Len Larson as leader at Mickey's Beach.

- JULY 24: JUNIOR PICNIC:
  Meet at the Berkeley S.P. Depot at 7 a.m. Sunday. Drive to Mt. Hamilton for picnic and observatory tour. Bring your lunch and 50¢ for particle gas. All juniors from both sides of the bay are invited. To offer or obtain rides, contact Susan Langstroth, KE 4-1158. Leaders: Phil Faulconer and Anita Suran.

- JULY 27-28: YODELER PRODUCTION WORK DAYS/EVENINGS
  Call LOU ELLIOTT to sign up for this instructive and useful Chapter activity.

- JULY 30-31: NATURAL SCIENCE SECTION FIELD TRIP -
  Mt. Diablo. Meet at Juniper Camp, noon Saturday. Evening star study will be on do-it-yourself basis. Bring star maps. No expert leadership will be available unless you provide it. Leader: Neva Snell.

- JULY 30: HIKING
  Big Basin State Park Circular. Change of transportation coordinator. Ken Gruber will replace Mildred Holota. 1633 Bonita Avenue, Berkeley 9, (THornwall 3-5387)

- AUG. 6-7: LEISURE KNAPSACKING:
  Bowman Lake area at the 8000 foot level between Donner Summit and Yuba Pass. This granite and lake region is close kin to the high country. Expect some climbing and cross-country, but short distances. Bring swim suits. For place and time of meeting, call leader: HELEN RUDY: co-leader: JANE LUCKHAM, S.F. co-ordinator: PEGGY KLENZ.

- AUGUST 7 - HIKING
  Mt. Madonna. Change of leader. Dick Monges will replace Frank Williams as leader.

- AUGUST 7 - HIKING:
  Tomales Bay State Park. Trip cancelled.

Knapsacking at Tenaya Lake

There was 63 years' difference between the oldest and youngest of 40 knapsackers who followed Sam Axtell and Bill Quay from Tenaya Lake down to Yosemite Valley the weekend of June 11.

Even at Tenaya at 2 a.m. the weather was warm, and on Saturday we had a beautiful walk to our camp on Snow Creek. Most of the group stopped on the way to climb Mount Watkins. The five commissary groups joined in a central get-together before dinner, and later, a singing campfire.

The night was warm, brightly moonlit, but also deer-infested.

Next morning we zigzagged, hot and dusty, to the Valley. Everyone who wanted to went swimming at Yosemite Lodge, and later we stopped at Merced for an Italian dinner.

—Margaret Jones

Mt. Conness Knapsack Trip

Thirteen lucky people (4 gals and 9 fellows) ascended Mt. Conness for a stupendous panoramic view of the Sierra Range on June 26. Visibility was excellent, and one can see as far as some of the mountain ranges in Nevada. It was thrilling to be able to pick out such familiar landmarks as Half Done, Banner, Ritter and the Minarets, Mono Lake, and others less familiar. All agreed that it was well worth the 2500-ft. climb from camp at Young Lake. The trip was led by John and Kate Yeager. —P.L.

West Point Schedule

Jul. 2-3-4	Mary Herman MOntrose 4-2983	Evenings
Jul. 9-10	"Kitch" W.G.Kitchener SKyline 1-4295	Any time
*Jul. 16-17	Grace Woodward DUnlap 8-2543	Any time
Jul. 23-24	Alice Tesch PRospect 5-7536	Evenings
*Jul. 30-31	Avis Burchard WEst 1-0739	Any time
Aug. 6-7	Ed Kindred DUnlap 8-9955	Any time
*Aug. 13-14	Ron & Estelle Berkhimer THornwall 8-8384	Evenings
Aug. 20-21	Anna Hoen SKyline 1-4295	Any time
*Aug. 27-28	Lupe & Louis Rioseco WAlnut 1-2898	Any time

*CENTRAL COMMISSARY. Cancellation of reservations must be made by Thursday or party must pay for weekend.

WEST POINT - Box 278, Route 1, Mill Valley. Phone DUnlap 8-9955

AD

$50. Share well-furnished apt. Prefer good gal — 30-ish, outdoor type. WEst 1-2649

Conifer Photographs Shown

The program of the Natural Science Section Meeting on Friday night, June 17, was of great interest and enjoyment. "Recognizing Sierra Conifers" is a film composed of selected slide sets of the conifers of the Sierra in their native habitats, and the beauty and composition of the slides are outstanding.

Charles Webber made many of the very fine closeups of the leaves and cones of pine, fir, incense cedar and juniper showing the details whereby the layman is better able to recognize these trees. This artist-photographer has worked on many special assignments for the Sierra Club, and these close-ups, together with the running commentary of Neva Snell, contributed to an evening of thorough enjoyment and interest.

This slide set is available for loan to interested groups. Applications should be made to Mona Gauger c/o the Sierra Club.

—Blanche Clear

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Bryce Whitmore in Cottonwood Rapid during the Arkansas River Race on July 12 (See story on Page 1). Photo by Peter Whitney

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Mountain Hiking & Rope Instr.

We once stepped off a curb at Third and Market and sprained an ankle. Another day we achieved the singular honor of stepping (almost) barefoot on the first rattlesnake identified in Chico.

On the second Sunday in April we, along with approximately 14 others, had the honor of stepping backward off 50 feet of rock (sheer, that is) on Mt. Tamalpais. This feat, according to the patient R.C.S. leader, Chuck Belling, is far safer than the curb or the snake act, and terribly practical to know.

As he says, "If you're hiking in the mountains and could rappel down 50 feet instead of walking a dreary five miles to camp—now you know how, and there's nothing to stop you." Except, may we add, the fact that we might not be carrying several hundred feet of nylon rope.

Nevertheless, some knowledge of rock climbing (which in weaker moments we think of as cliff hanging) is considerably valuable to the hiker. Weak as this brave-front statement sounds, it is SOUND. And though we prefer never again to repeat any of our afore mentioned steppings-off, may we highly recommend to hikers the basic instructions in rope climbing.

A further session is announced in the present Schedule. Come to think of it, if and when the present vertigo wears off, we'll see you there. — A.R.

Knapsackers Visit Tilltill

Tilltill Valley and Lake Vernon were visited by 25 people on the Memorial Day weekend. Knapsacking was pleasant despite being sprayed by Wampama falls, bitten by mosquitoes, wading through bee-infested lupines, and being scared by the leader's account of a brown cow that turned out to be a large brown bear. Four of us slogged through and over melting snow to climb Tilltill Mountain for a grand view of the snow-covered Sierra and frozen Tilltill lake. —R.W. Hackamack

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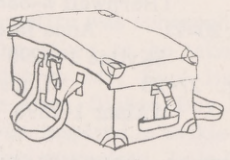

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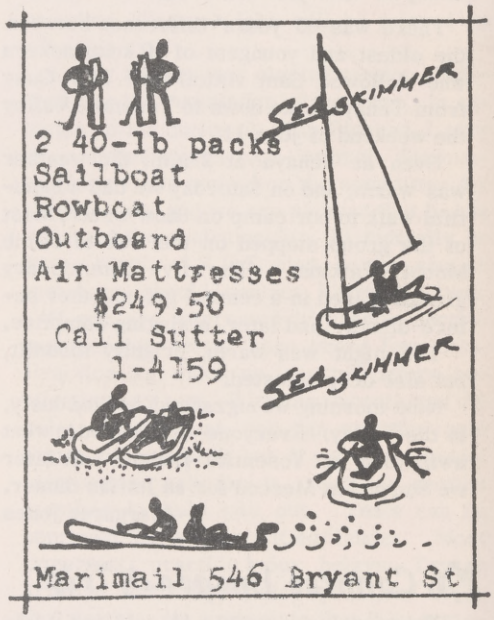

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